AMENDMENTS TO THE SPECIFICATION

Page 20, please replace the last paragraph with the following amended paragraph:

When coupling communication traffic between rings in the system 10, and also when switching direction of selected channels within one or more rings of the system 10, it is frequently convenient to shift communication traffic from one channel to another along a particular loop or ring; this is often referred to as wavelength shifting. Wavelength shifting enables the channels of the system 10 to be fully <u>utilized</u> to carry communication traffic thereby assisting to <u>optimize</u> the traffic throughput capacity of the system 10.